Abstract

A device for the exercise of the musculature of the upper arm, the device comprising: telescopically assembled co operating inner and outer tubular elements, each said tubular elements having end closure means at their outer ends. The outer tubular element includes an inwardly projecting collar at its inward open end and the inner tubular element is provided with an outwardly projecting collar at its inward open end. The collars co operate to prevent the withdrawal of the inner tubular element from the outer tubular element when the tubular elements operate telescopically. The device is moveable between a first state in which the telescopic elements are fully extended and a second state in which the telescopic elements are compressible against a bias inside the device to provide a resistance force to rotational movement about the elbow of a forearm in a direction towards an upper arm of the same arm of a user. The device is of a size which allows engagement of one end with a hand of a user and the other end with an upper part of the same arm such that the user can exercise one arm without use of the other arm.